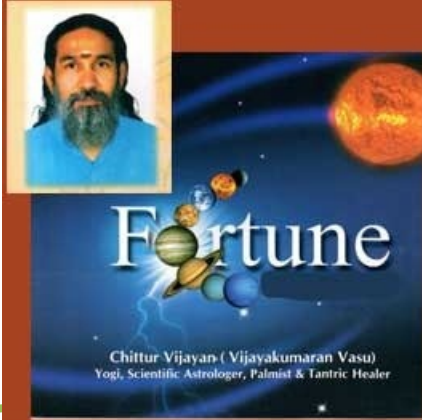


NOT TO BE MISSED! SEPTEMBER WORKSHOPS & TALK



ASTROLOGICAL CONSULTATIONS

- with expert from Kerala

MASTER CHITTUR VIJAYAN

\$80 1-1 consultation per horoscope

\$200 for a family (upto 4 horoscopes)

Available Monday to Sunday: all 7 days a week!

Also, Specialises in 1-1 Tantric Healing (to remove negative images & effects of black magic) @ \$100

Learn WHAT IS TANTRA: 1-day workshop

22 September, Saturday, 1.00pm-5.30pm @ Om Vedic; \$100/pax

- What is TANTRA? What is BLACK MAGIC & more?
- How can we create Tantric Power in our body?
- Removing negative images, events, thoughts & anxiety from your mind
- Rejuvenate your character by activating your L & R brain for creative intelligence
- How to protect yourself from effects of BLACK MAGIC?

To register pls email omvedicheritage@gmail.com

RIGHT FOOD FOR THE RIGHT CONSTITUTION!

Learn the Art of Ayurvedic Cooking & Healthy Diet
from
Dr Dharna, BAMS, Ayurvedic Consultant

23 SEP 2012, Sunday, 12.30pm-5pm
@
Om Vedic Heritage Centre

Each one of us have different needs.
Whether healthy or having an ailment or a
minor disorder, just join us on 14 Sep
& **step up your health** with the right diet
advice & learn to make various healthy
dishes & receive our recipe booklet too!
All for just **\$100** (UP: \$250)
pls RSVP by 20 Sep, to reserve your seat



YOGA the journey & the goal!

Talk on What is Bhakti, Karma, Gyana and Ashtanga Yoga

by

Shailu, Ayurvedic Lifestyle Practitioner

23 SEP 2012, Sun, 6pm-8pm

@

Om Vedic Heritage Centre

FREE for members & \$20 for non-members

Are you confused by so many terms used, karma yoga, bhakti yoga, gyana yoga, raja yoga, ashtanga yoga, kriya yoga, hatha yoga, etc??

In a very simplified manner, you will understand all this and more!

Get enlightened on what these terms mean and the paths to enlightenment!!

pls RSVP by 20 Sep, to omvedicheritage@gmail.com



Yoga classes in Sep 2012

FRIDAYS, 7.30-8.30pm

Hatha Yoga @ \$20/month for Om Vedic Men

SATURDAYS, 10.30am-11.30am

Hatha Yoga @ \$50/month for Om Vedic Men

TUESDAYS, 7-8pm

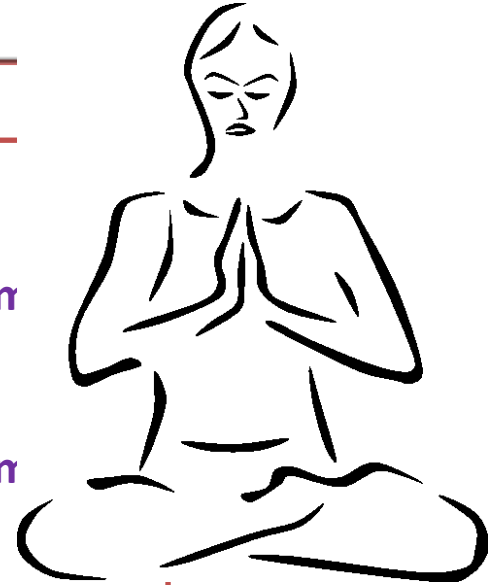
Dynamic Yoga @ \$20/month for Om Vedic Members

To begin soon..pls indicate if interested

SUNDAYS, 3-4pm

Hatha Yoga @ \$50/month for Om Vedic Members

Email: omvedicheritage@gmail.com





NEW
P3

'GARBHA SANSKAAR'
PRECONCEPTION – POSTNATAL PACKAGE
from
Dr Dharna, BAMS, Ayurvedic Consultant

Obstetric Care through Ayurveda (GARBHA SANSKAR)

Ancient Indian medicine has recognized the need for the mental, spiritual and physical preparation of the mother-to-be for the momentous event of childbirth. Ayurveda describes this theory as "Supraja janan".

3 months prior to conception – 3 months post delivery care

Preconception consultation with Dr.Dharna, health & diet advice and preparation of partners before conception

Prenatal care: Prescription of 'Dinacharya', daily practice for the pregnant woman [herbal bath, ayurvedic ghee (for growth and development of the foetus), diet, yoga, abhyanga-oil massage from 5th month, and routine body care]. Reading material, subjects of discussion, music and mantras will be provided.

Postnatal care: Mother and baby care through proper massages with ayurvedic oils, herbal drinks, medicines for proper lactation, getting back the physical fitness one had and tackling post natal emotions.

HOME SERVICE WILL BE PROVIDED

contact 6297 2670 or email omvedicheritage@gmail.com for more info and for details of cost



OM VEDIC'S Popular & Rejuvenating Therapies

SPECIAL ABHYANGA: Ayurvedic Special 1 –hr Muscle Toning Massage for just **\$100
With very special ayurvedic patented oils**

SHIROLEPAM: Ayurvedic Special 1 –hr Customised Hair Care Packs for just **\$75
With very special ayurvedic patented oils
*-To prevent hair loss, strengthening of hair roots, hair lustre***

AYURVEDIC FACIAL: OM VEDIC'S customised herbal facials @ **\$60 ...MUST TRY!!!**

SEPTEMBER SPECIAL

**BUY ANY SIX SESSIONS OF THE ABOVE (the same session or a mix is allowed)
AND GET 1 FACIAL WORTH \$60 FREE**

BUY IN SEP 2012 AND USE WITHIN 6 MONTHS

Call 6297 2670 now for an appointment !!!